SPORTS

BY BILLY CONNER

The Senior Raiders

The Senior Raiders, shown above will provide the leadership for Coach Coty Dickerson's bid for a Semifinal District baseball championship this spring. From left, Jay Franklin, who made All District First Team in Center Field last year, is in his fourth year; Buddy McFadden, a three- year veteran, co-captain, who will be playing in left field; Andy Wingfield, also in his fourth year, serving as co-captain, will be behind the plate. Andy was honorable mention All District in 1976 and 1977; Mike Wooten, All-District First Team Second Baseman last year will be playing his fourth year and will handle some of the pitching chores.

The Raider season opener will be at Randolph Henry High School Monday with the first home game at the Middle School field Tuesday at 4:00 p.m. against Buckingham.

The team batting practice has received a boost this spring from the pitching machine, above center, a gift from the A.C.H.S. Athletic Boosters Club.

Coach Dickerson is being assisted by Coach Charles Wilkerson.

Rita Ferguson

Elected Longwood Region FBLA Vice-President

"Taste the Sweetness of Success, Vote for Rita Ferguson for Longwood Region Vice-President." That's what Brenda Bowling, Shelley Davidson, Frances McFaden and Cathy Tanner cheered at the Longood Regional Competition Saturday, March 11, 1978. Sharon Roach, as campaign manager for Rita, made a speech telling all of Rita's attributes as a person and what an excellent vice-president she would make. All of this campaigning must have had an effect on the other voting delegates because Rita was elected vice-president for the 1978-79 session.

Rita is a very active member of the Appomattox Chapter Future Business Leaders of America. She is chairman of the Who's Who in FBLA Committee and chooses the girl of the month for each meeting. She also participated in the Public Speaking Contest at Longwood and we know she will make an outstanding vice-president for the Longwood Region. Congratulations, Rita!

Alcoholism Workshop For Professionals

Three Lynchburg agencies have combined their efforts and are offering an Alcoholism Workshop for professionals who work with youths. The workshop will be held Monday and Tuesday, April 3 & 4 at Central Virginia Community College.

Miss Sue Holland, Director of DASH, is coordinating the workshop. Other sponsors are CASE (Community Alcohol Service & Education) and ARC (Alcohol Rehabilitation Center) at Forest.

The two day workshop will run from 9 a.m. to 4:30 p.m. Lunch is provided. Cost for the workshop is $5.00 for lunches and $1.00 for the continuing education credits.

The workshop will include films, lectures, small group discussions, role playing, interviewing of clients. A pre and post test of alcoholism will be given to those attending.

Among the theory presentations are Values and Attitudes about Youth & Alcohol Psychological Effects of Alcohol, Physiological Aspects of Alcoholism, Problem Drinker versus Alcoholic, The Effects of Combing Alcohol and Marijuana.

Miss Holland stated that the workshop does have a limited enrollment and she encourages members of community professional agencies to register immediately. Registration information may be secured by calling DASH office at 528-1265.

Goals of the workshop are:

1. To understand how alcoholism develops.
2. To gain knowledge and be able to identify danger signals of alcoholism among young people.
3. To identify the problem drinker versus the alcoholic.
4. To explore one's attitudes and values toward alcoholism.
5. To gain assessment skills in initial interview.
6. To gain knowledge of sources for referral and procedures for referral. Representatives of a number of agencies who provide services for teenagers with alcohol problems will tak about their programs and what specific services they can offer the community.

The workshop is specifically designed to aid probation officers, social workers, and school counselors.

A similar workshop was held in December and was well attended. There was a request for a repeat and this is what the April workshop is, stated Miss Holland.

FOOD SHOPPER

By
Ann H. Walker
The Dept. of Agriculture And Commerce

Easter is fast approaching and along with the Easter celebrations are family gatherings. If you're the host this year, now is the time to plan your menus.

You may decide to serve traditional fare, ham or lamb. Pork is expected to be in plentiful supply through March so shoppers should find ham featured by retailers beginning one to two weeks before Easter. If company is staying or children are home from school, leftover ham will be a bonus. Sandwiches, ham biscuits, omelets, ham salad and casseroles are just a few delicious ways to use leftover ham. Lamb offers a taste treat for the family. A leg of lamb with mint jelly is sure to please any guest or family member.

Your menu plans may call for turkey. Predicted to be in adequate supply for March, shoppers now find good selections of turkeys of all sizes, both basted and regular, available all through the year.

Beef could be your choice. Supplies for March are predicted to be plentiful. Shoppers will find retailers featuring a variety of beef cuts, both small and large that will satisfy any size family and budget. More retailers are featuring "freezer" or whole cuts on a regular basis. Elevate your immediate and future needs as well as freezer space available. Between now and Easter you will see a variety of whole cuts that could fit your needs. Popular whole cuts offered are tenderloins, bottom rounds, sirloin tips and top sirloins.

Now all you need to do is decide which meat to plan your holiday meal around. Retailers will be featuring both "traditional" and non-traditional meats. Take advantage of featured items at your local supermarket.

Ralph D. Reynolds

Made Member of WOW President's Club

Ralph D. Reynolds, F.I.C., of Appomattox, Va., field representative for the Woodmen of the World Life Insurance Society, has been welcomed into a very exclusive membership of the President's Clubs by national Woodmen President Nick T. Newberry.

His membership in the Millionaire Section of the President's Clubs honors his top-rated performance in membership protection and service during 1977. Mr. Reynolds will be entitled to wear a silver emblem lapel pin inset with a ruby, emblematic of his accomplishment.

Members of the Club will meet with the National President at the Marriott Motor Hotel, Denver, Colo., in July.

STONEWALL

And beholding the man which was healed standing with them, they could say nothing against it. Acts 4:14.

Rev. and Mrs. E. V. Mitchell had there son David from Carson Newman College Tennessee and daughter Mr. and Mrs. Bob Spencer of Virginia Beach, Virginia for the week end.

Mrs. Hugh Braford, Mrs. Clare Staton, Mr. and Mrs. Jimmy Braford went to McGuire Hospital Sunday to visit Mr. Hugh Braford who is improving slowly.

Mr. and Mrs. Tom Ray Burnett got home Tuesday from Orlando, Florida after attending a convention there.

Mr. and Mrs. Andrew Elliott got home Thursday from Hemit, California after a grand vacation.

Mr. Crawford Davidson is improving but Mr. Osborne is about the same.

Mrs. Ruby Oakes of Rustburg spent Thursday with Mrs. Wallace Bondurant and took her to the doctor at Appomattox.

Tuesday Mr. and Mrs. I. B. Wheeler visited Mrs. Margaret Lee at Appomattox. She fell and broke her wrist and was feeling very uncomfortable. Wish she may soon be better.

Mr. and Mrs. Howard Barbour and Mrs. Mary Barbour visited their sister Mrs. Elsie Krantz Sunday.

BECKHAM

March 20 - Sunday dinner guest of Mr. and Mrs. Gibbs Martin were Mr. and Mrs. M. G. Martin, Jr.

Mrs. Stows Oglesby of Lynchburg visited Mr. and Mrs. Alfred Martin and boys Sunday.

Mrs. Josephine Duncan, Jean and Darrell of Martinsville spent the week end with Miss Eunice Martin, Mr. and Mrs. Howlett Drinkard and Donald Lee Drinkard.

Mr. Howlett Drinkard visited Mr. and Mrs. Gibbs Martin Friday. Mrs. Robert Morris, Mr. Russell Martin and Mrs. S. G. Martin visited in this home Sunday afternoon.

Ronnie Morris of Atlanta, Georgia where he is attending Emory University is spending spring vacation at home with Mr. and Mrs. Robert Morris, Melanie Morris and Mrs. S. G. Martin. He spent this week end in Vienna.

Visiting Mr. and Mrs. Allen Moore and Gwen Sunday afternoon were Mrs. Alfred Martin, Mrs. Stover Oglesby. Mrs. Robert Morris, Mrs. S. G. Martin, Mr. and Mrs. M. G. Martin, Jr., Mrs. Connie Reynolds and Mr. and Mrs. Jimmy Moore and family, A. C. Martin, Michael and Edward Martin, Mr. and Mrs. Sonny Carter and Karen.

The Christian Fellowship Class of Trinity United Methodist Church enjoyed a spaghetti supper and afterwards played games Saturday night at Oakville school.

Mr. and Mrs. Jimmy Guill recently visited Mr. H. O. Martin.

Mrs. H. C. Moore, Mrs. Tom Schmutz, Jennifer and Edward visited Mrs. Elizabeth Burge Sunday afternoon.

ENERGY SAVING IDEAS

Helpful Tips

You can save energy cooling your house by using the same things that help you save when heating your house: storm windows. Kept on windows not needed for ventilation, they help keep cool air in, warm air out.

* * *

The Department of Energy has estimated that proper attic insulation can save up to 30 percent of heating and cooling bills, since heat tends to rise and escape through an insufficiently insulated roof. The same insulation reduces the need for cooling by keeping out the sun's heat.

* * *

You can find a number of energy-wise suggestions in a new booklet "Energy and Your Home." Edited by famed science writer Isaac Asimov, it's available from York Heating and Air Conditioning, Department 14, P. O. Box 1592, York, Pa. 17405.

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PUBLIC NOTICE

PROPOSED HIGHWAY PROJECT
ROUTE 621 - BUCKINGHAM COUNTY

All interested persons are advised that the Virginia Department of Highways and Transportation has approved the location and major design features for the proposed construction of a Bridge and necessary Approaches over Willis River, on Route 621, Project 0621-014-135, C-501, B-617, in Buckingham County. This project is located in the southern portion of the county, just east of Route 15.

The Federal Highway Administration has also concurred in the environmental assessment prepared for this project.

Maps, drawings, an environmental assessment and other information are available in the Department's District Office at Lynchburg, and in its Residency Office at Dillwyn, for viewing by interested persons.

Virginia Department of Highways and Transportation

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Robin Britton places a doggie treat on the nose of Bo, who upon command will toss the treat into the air and catch it with his mouth only then to enjoy his reward.

Changing Lifestyle

OVERCOMING THE MS 'STRIKE'

BY SHERRY SWINSON
Reprint from the Farmville Herald)

She's young and attractive and spends most of her time in a wheelchair. But sympathy need not be extended her way for she's far passed that in more ways than one.

Robin Britton is a victim of multiple sclerosis, the "crippler of young adults" and has had the disease for a little over six years. It most commonly strikes those between the ages of 20 and 40 and affects the central nervous system.

"I graduated from Longwood in 1971 as an elementary education major," explained Mrs. Britton. "And I began teaching that next August. I had my first attack of the disease soon after I'd started teaching and the doctors told me I'd have to stay out for a while. I think I was more upset about having to stop teaching than I was about the sickness though."

"I have the greatest amount of faith in my doctor," said the Prospect resident of Dr. Thomas McPherson Brown, the head and founder of the Arthritis Institute and chief of staff at its host National Orthopaedic Hospital in Arlington.

She has saved various news clippings following the latest research findings involving MS and among them are several concerning Dr. Brown. It seems that Brown's patients (about 5,000 of them from as far away as Switzerland and the Virgin Islands) are all devoted to him.

"Since I've been going to him I have a lot more energy and feel a lot better," reported Mrs. Britton. "And I even have my own rabbit! Out of the 5,000 patients he has, only about ten of us have our own rabbits (for testing in the laboratory). They take a culture and give it to the rabbit and find what type of antibodies he builds up against it. But they don't do anything that would hurt him."

SURPRISE PARTY

Mrs. Britton recently celebated her 29th birthday - surprise party style, which was arranged by her husband, Bill, Town Manager of Appomattox. The two who met via blind date, were married exactly 6½ years ago on Valentine's Day. "I don't mind telling my age this go around - but next year will be the biggie," she said with a grin.

Mrs. Britton is a big pet lover and spends some time training dogs for her own enjoyment. The Brittons have three dogs - a labrador retriever, named Bo; a mixed Beagle and Weimaraner, Joe; and Hans Hummer von Britton, who is a Weimaraner, a name derived from the dog's native homeland in Weimar County in Germany. They also have two fan-tailed goldfish known as "Tender Vittles" and "Whisker Likin's."

KEEPS BUSY

When she's not tending to the pack, she finds time to cook, work on crafts, and read. "I love to try new recipes and its good because Bill will eat them," she said.

Recently she spoke to Longwood students in a home economics class who visited her in her home to see how she arranged her kitchen. "They asked me if I did anything different and I really had to stop and think! I do keep the things I use real often down low, but other than that: I think it's just a regular kitchen.

She also enjoys canoeing and going on outings in her motor car. "When Bill goes ice skating he takes me along and pulls me on the sled, which is great fun," she explained.

Canoeing is a favorite not only of her's but also of her husband's and because their home is located right on the Appomattox River, they have easy access to their mode of travel.

"Once we went out on the river and Bill took along his chain saw to cut away any obstructions" Mrs. Britton reminisced. "Well we had no sooner put out when we ran up on a huge log laying across the river, so we just sat there for a while. Finally, I said 'I guess the only thing for me to do is get up on the log and wait for you to go over it.' Bill said he'd thought of that but he was waiting for me to mention it myself. Well, I did it, but I felt like one of those old-timey movies where the villian ties the girl to the railroad tracks."

"Actually," she said smiling. "I think I can do anything everybody else can do . . . it just takes a little longer."

Outstanding FHA Officer of Month

The outstanding officer for the month of February has shown cooperation and leadership throughout the year.

In the summer and fall she attended the State Leadership Conference in Roanoke, the Officers Training Workshop at Rustburg, the Mini-Conference at Altavista, and all executive council meetings.

She helped plan and prepare the spaghetti luncheon for the faculty and the educational booth for the Five County Fair. She served at the FFA Hub Federation dinner, the Little League Football banquet, the basketball banquet and helped with the FFA-FHA volleyball tournament.

She worked with potential officer candidate for next year, helped plan the spring, FHA dance and as a special project she has been active in a babysitting service for the Appomattox Chapter, Young Homemakers of America.

"The outstanding officer for the month of February is Sam Adderson. Congratulat i o n s Sam!!!

EVERGREEN 4-H CLUB

The March meeting of the Evergreen 4-H Club was held March 14, 1978 at the home of Kim Maxwell.

Sheila Carrico, vice president of the club, called the meeting to order. Kim Maxwell and Tambra Hamlet led us in our pledges.

Minutes of the previous meeting were read and approved.

Rebecca Doss and Kim Maxwell led us in a game and song.

Under the old business, Miss Hudson talked about Pine Seeding orders, and the Inter State Exchange Program. We planned the Ruritan supper for Thursday night. Our club would like to thank each parent that helped.

For our program, Duane Hamlet gave a demonstration on "Sand Art."

Afterwards everyone joined in refreshments and fellowships.

Our next meeting will be at the home of Mr. and Mrs. Lewis Harvey (Anita and Charlene's parents).

Karen Stevens, Reporter

PAMPLIN MAN STATIONED IN ALASKA WITH AIR FORCE

ANCHORAGE, Alaska - Now serving at Elmendorf AFB, Alaska, with an Alaskan Air Command Unit is Air Force Sergeant Robert L. Parker, Jr., son of Mrs. Lillie F. Parker of Rt. 1, Pamplin, Va.

Sergeant Parker, a vehicle operator/dispatcher, was previously assigned at Andrews AFB, Md.

The sergeant is a 1973 graduate of Prince Edward (Va.) County High School.

TOPS News

Due to the absense of Gaye Stafford, TOPS leaders, Susan Martin took charge of the meeting. Officer nominations were voted on and approved as follows: Leader, Susan Martin; Co-Leader, Margaret Lodore; Secretary Reporter, Lois Smith; Treasurer, Bobby Mullins; Hospitality Lady, Pat Hodge. They will take office the first meeting in April.

The best loser of the week was Kirky Hamlin with a big loss of 5¼ pounds. Kirky is at her goal and proud of it.

The next meeting will be held on March 23, 1978. Fidelity Branch Bank. Weigh-in 6:30. Meeting 7:00.

Lois Smith, Reporter

CLASSIFIED GET RESULTS

MRS. KNIGHT'S 4-H MEETING

Mrs. Knight's 4th Grade class had their seventh 4-H meeting on March 15, 1978. Lisa Harrison led us in our American Pledge. Jeff Williams led us in our 4-H Pledge. We received our bird houses on March 13, 1978. If you did not get one just drop by J. E. Sears with your dollar and buy one. We played artist in the dark. The winners were 1st, Shelia Mullins, 2nd, Lewis Webb; and 3rd, Dennis Reynolds. We received our Public Speaking certificates. Lisa Williamson read the minutes of the last meeting. Mr. Sweet talked about our meeting's theme, "Demonstrations." He also talked about a Wildlife Feed Patch projects and 4-H Camp. Our week for camp is Aug. 7-11. Our demonstration contest is on April 22, 1978. We also talked about a poster for dairy products and a dog show. Our next meeting will be in April.

Our class speaking contest winners are Shelia Mullins, Lisa Williamson, Emily Shea, Susan Booker, David Short, Pam Scruggs, Brett Marston, Ada Hunter, Sherry Wilcox, Cherryl Auston, Janet Smith, Darrell Conner, Janice Foster, Russel Walton, Alex Almond, Billy Carter, Lisa Harrison, Betsy Wingfield and Jeffrey Williams.

Brett Marston and Janet Smith won trophies. The other names listed won blue ribbons.

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